

IN TOUCH

The Power of Women Working Together

September 2025, Vol 44, Issue 1

This Issue

September's Speaker: Andrew Welch

No More of More - Enough is Enough

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Andrew Welch is a popular speaker who introduces powerful frameworks for exploring our greatest present-day challenges. Drawing upon the wisdom of ecological economics, combined with a unique perspective on human value systems, he is known for making complex ideas accessible to anyone who cares about the human condition. His first book, "The Value Crisis", was enthusiastically received by book clubs especially, and many of those



conversations prompted a sequel, published in 2022, entitled "Our Second Chance". That work was recently selected by Canada Books as one of the 100 books of the 2025 Canadian Studies Collection. He promises CFUW members new perspectives and actionable takeaways.

We are looking forward to meeting with you on Monday September 15, 2025 at the Trafalgar Park Community Centre, 133 Rebecca Street, for our first General Meeting of the year.

The meeting will begin at 7 but doors will open at 6:30 to give you time to ask questions about Interest Groups and to greet old and new friends.

From our Leadership Team

Welcome to the 2025-26 Program Year at CFUW Oakville!

We hope you've been enjoying a spectacular summer, whether basking in the warmth, escaping to cooler retreats, or finding refreshment in a pool or lake. As September arrives (yes, already!), so too does the opportunity to reconnect as a vibrant community of like-minded women.

Our September General Meeting will be held *in person only*, and it promises to be a joyful reunion. It's a chance to rekindle friendships, welcome new faces, explore Interest Groups, meet our incoming Board members, and dive back into the energy of our Club. If last year's meeting was any indication, the room will be buzzing with laughter and lively conversation. Let's bring that same spirit again this fall!

We're incredibly fortunate to have a dedicated Board and passionate Convenors who care deeply about our members and our mission. Our shared leadership model continues to thrive, setting a powerful example for other CFUW Clubs. Alongside our Leadership Team of three, many Board roles are co-chaired, an embodiment of CFUW's former tagline: "The Power of Women Working Together." We're proudly bringing that phrase back this year, as it beautifully reflects the collaboration, support, and friendship that make our Club so special. Sharing responsibilities not only lightens the load but also strengthens the bonds between us.

Even over the summer, many Board members have been hard at work, lining up speakers, preparing Membership Renewal forms, and organizing Interest Groups. Their dedication ensures we're ready to launch into another exciting year.

Thank you for being part of CFUW Oakville. Let's embrace *The Power of Women Working Together* as we step into 2025–2026 with purpose, connection, and joy.

Kyoko Kobayashi, Katherine Beaudry, Palma Robinson CFUW Oakville Leadership Team



Friendly Reminder from Membership

If you haven't sent us your membership application for 2025-2026, please complete either the form emailed to you or the one on our website (here) and submit it along with payment to CFUW Oakville. Addresses and instructions are on the form.

To participate in an Interest Group, either on Zoom or in person, you need to be a paid-up member.

Ontario Council

2025 ANNUAL GENERAL MEETING

It was my privilege to, once again, represent CFUW Oakville as the voting delegate to the Ontario Council Annual General Meeting.

As it was virtual this year, instead of two days, it was approximately two hours. A virtual meeting has its advantages as it is totally focused on the Business section of the AGM. Very different from the In-Person experience! As with CFUW National, Ontario Council is choosing to alternate each year, between In-Person and Virtual. Next year will be In-Person again and CFUW Peterborough has volunteered to host the meeting.

Although I attended the training session for on-line voting and was successful, on-line voting at the meeting proved to be a little tricky. However, thanks to technical support, the kinks were ironed out on the spot. Even with this glitch this meeting ended on time!

Part of the Business meeting included the Carolyn Day Award winner, the announcement of the Clubs having an increase in membership and the announcement of Clubs with special celebrations. The winner of the Carolyn Day Award for Environmental Action was CFUW Ottawa. Eleven Clubs were recognized for increasing their membership by at least 10% in 24/25. Fourteen Clubs are celebrating major anniversaries in 2025. As we have just celebrated our 75th, it was interesting to note that three Clubs are celebrating 80 years and three Clubs are celebrating a hundred years or more. CFUW Ottawa is celebrating 115 years!

Included in the regular Business meeting was the opportunity to vote on the two Ontario Council resolutions submitted by Orillia and Owen Sound and Area. After consideration of all the amendments submitted by Ontario CFUW Clubs, decisions are made by the proposers and an amended version of the resolution could be presented for voting. At the AGM this year, based on suggested amendments from Ontario Clubs, an amended version of the Owen Sound and Area's resolution Seniors' Advocate was presented. An amended version of Orillia's resolution Addressing the Funding Crisis in Post-Secondary Education in Ontario was also presented. None of the amendments changed the intent of either resolution. After the presentation of the motion, the proposers have the opportunity to give the reasons for its proposal and their reasons to support it. This was followed by an opportunity for discussion before the formal voting took place.

Both resolutions carried with a significant majority. The Post – Secondary Funding Crisis resolution had unanimous support.

Submitted by **Diane McCullough**

Scholarship News

The Awards Committee met in May to review the many applications they received from Oakville students.

CFUW-Oakville is pleased to announce scholarships of \$34 600 in total to help local students with their educational journey. These young women were selected from the city's publicly funded high schools, based on high academic achievement, outstanding community service and demonstrated leadership.



Awards Committee members



Top Row L to R: Daria Meleshko, Colleen Blackwell, Julia Leszczynski, Lauren McGuire, Mariam Parvaiz, Evelynn Rougier, Leah Berger

Front Row L to R: Silvana Garcia-Otero, Roxana Shams, Aubrie Chan

Photo: Raine Greenwood

Award and Scholarship Winners for 2025

ACCESS SCHOLARSHIP Lauren McGuire, St. Ignatius Loyola

CFUW ARTS AWARD Leah Berger, Garth Webb

CFUW OAKVILLE ACADEMIC & Service Award #1 Menna Gebril, T.A. Blakelock

CFUW OAKVILLE ACADEMIC & Service
Award #2

Silvana Garcia-Otero, Saint Thomas Aquinas

CFUW OAKVILLE ACADEMIC & Service Award #3 Roxana Shams, Oakville Trafalgar

JEAN MALCOLM SMITH AWARD Marinella Ganios, T.A. Blakelock

LILIAN FULFORD SCHOLARSHIP Aubrie Chan, White Oaks

MILDRED ALLWORTH AWARD Mariam Parvaiz, Abbey Park

MIRIAM WHITE SCHOLARSHIP Silvana Garcia-Otero, Saint Thomas Aquinas

RICHARD GARNETT SCHOLARSHIPS Julia Leszczynski, St. Ignatius Loyola Evelynn Rougier, T.A. Blakelock Daria Meleshko, Garth Webb

RUTH SCHATZ SCHOLARSHIP Colleen Blackwell, White Oaks

Advocacy

A Healthy Work Force Helps to Build a Healthy Economy

The Tariff wars have been the focus of media and government efforts the last several months. The following article is to draw your attention back to health care which is also a government responsibility.

Ontario Health Care

- 1. Ontario Funding for wide spectrum health care hubs received \$235 million to increase access for 300,000 patients in the spring 2025 budget. It is a dent in the estimated 4.4 million Ontarians that will not have a primary care provider by 2026.
- 2. In the spring 2025 budget funding to private-equity firm clinics for cataract, diagnostics, hip and knee surgery is \$280 million over two years to build new surgeries with the goal of reducing wait times. The industry wants more funding to provide a larger profit margin. An industry strategy is to upsell the patients with expensive services to increase revenue.
- 3. The industry skims the simple surgeries and leaves hospitals with the expensive, complex cases with less funding per surgery.
- 4. The medical staff are lured to the private clinics with day shifts and higher pay resulting in publicly-funded hospitals with a staff shortage and underused surgical capacity.
- 5. To add insult to injury the funding for public hospitals has not kept pace with inflation and population growth or reflect the complex care needs of the aging population.
- 6. Alberta in 2019 commenced public funding to private clinics. The cost per surgery increased 79% -far beyond inflation. The knee and hip surgery in private clinics did not increase surgical capacity or shorten wait times—the clinics draw on the same number of surgeons.
- 7. Why is Ontario pursuing the same funding model?
- 8. Urbach and Martin, U of T, suggested that an alternative strategy to reduce wait times is to remove the time-consuming method of specialist referrals and implement team-based surgical care to receive the next available surgeon. This strategy is already used for cardiac and bariatric surgery. Opinion Article June 4, 2025 G&M David Urbach, Head of Surgery at Women's College Hospital and Professor of Surgery at the University of Toronto and Danielle Martin a family physician and Professor and Chair of Family and Community Medicine at the University of Toronto.

Pharmacare

Ontario has not signed onto the Federal Pharmacare Plan, October 2024 to receive funding for contraceptives and diabetic medication. More women in BC now have access to an IUD which has a higher upfront-cost compared to other contraceptives.

Submitted by Anne Douglas, Advocacy member.



See recent editions of the OC newsletter: April 2025, June 2025

Ontario Council organizes many events throughout the year. See a list here.
In particular, all members are welcome to attend the Speakers Series.



Click on the date to read a recent newsletter from **CFUW National**.

August 8, August 15, August 22, August 29

The August 8 issue has a link to a new <u>CFUW Event Calendar</u> that you might find interesting. (Or just click on this link.)

The August 15 issue contains the letter to Prime Minister Mark Carney, Cuts in Spending for Women and Gender Equality Canada (WAGE) from CFUW National.

Advocacy

Welcome to the 25/26 year! As always the Advocacy Group welcomes new participants. If you are interested in delving into current issues, advocating for issues that matter to women and participating in the review of resolutions from Ontario Council and CFUW National perhaps this is the group for you. We meet monthly until May, by ZOOM, on the second Wednesday of the month at 7:00 p.m. Last year we focused on various aspects of violence against women. We began with CFUW Oakville's resolution on Violence against Women in Politics. If you might be interested and would like to discuss the group in more depth please get in touch with me.

Diane McCullough

Advocacy Convenor

CFUW Oakville is happy to have the support of several local businesses who pay for advertising in each newsletter and in our Directory.

Please consider using their services and telling others about them.







The Art of Well Being

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Marshall Newton

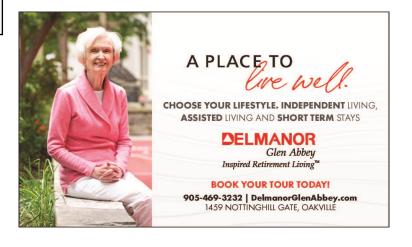
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PHOTOGRAPHY

Photographing Families & Businesses in Oakville for over 14 years

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Dragonboating

The "Sync or Swim" dragon boat team had a great year paddling with the Burloak Canoe Club this season. The weather was sunny, sometimes rainy but there were a lot of wildlife sightings along the creek including blue herons, swans, and even beavers. We had a great coach and learned some new paddling techniques. We competed in the Mississauga Canoe Club Regatta on June 8th and earned a bronze medal. Below is a picture of the winning team!!

We really appreciate the generosity of the donations made to the CFUW Scholarship Fund. These donations will help to make it possible for young female graduates of publicly funded secondary schools in Oakville to receive awards to put towards the cost of their post-secondary education. We have received over \$2500 to date. A huge thank you for all your support!

Donna Kraayeveld, Susan Stavin, Co-Chairs Dragonboating



Interest Group Activities

Gourmet III visited the Royal Botanical Gardens - Rock Garden on May 8. The Spring flowers were in full display and we learned about the history, special features and season long perennial displays as we toured the lovely gardens. We also enjoyed a gourmet luncheon at the Rock Garden Bistro. For some of us it was the first time visiting and 3 members are now RBG members! Here we are in front of the majestic magnolia tree at one of the garden lookout points. We highly recommend a visit to the Rock Garden!





On May 14, **Happy Hikers II** had an enjoyable hike along the Morrison Valley Trail (North). Thanks to Heather McKinlay who organized the outing. Anne's dog enjoyed it.

The **Golf** group held a planning meeting in May to organize our schedule for May till September. Great food and lively conversations!





On July 22, 22 members of the CFUW group (and two guests) golfed in the Solheim Social Scramble Tournament at Granite Ridge along with many golfers from their club - two teams of four on all of the 18 holes. Each foursome had two players representing Team Canada (red/white) and two representing Team Europe (blue/yellow/white) followed by a lovely lunch. A fun time was had by all - especially Tricia Wood who won the beautiful spa basket.

Thanks to Susan Walkinshaw for organizing the May **Ladies at Lunch** at the Oakville Club. Lovely venue, great food and interesting conversations!





Bloomsbury II enjoyed a nice lunch and visit to the Watering Can in May.

Great place to get gardening ideas and buy some lovely plants!



The Monday morning **Walking with Friends** group enjoyed a wonderful exhibit at Gairloch Gardens in August.







Interest Group Activities for September 2025

New and returning members who would like to join one of these groups are encouraged to let the Interest Group Chair know at info@cfuwoakville.ca. They will try to accommodate your wishes.

Book Discussion and Exchange Clubs, morning or evening. Members of these book clubs choose books to read and discuss each month. 'Playing With Ideas' members read one short selection each month from an anthology.

Name		Convenor	Date and Time
BookBeat AM	I	Angela Hantoumakos Pat Zelonka	1st Wednesday @ 10:00 am The Fraud, Smith OPEN
	II		4th Wednesday @ 9:30 am OPEN
BookBeat PM	I	Charlotte Jeneway	Last Thursday @ 7:30 pm OPEN
	II	Mary Wood	1st Wednesday @ 7:00 pm OPEN
	III	Helen Litton	First Tuesday @ 7:30 pm
Crime & Caffeine	I	Leigh Mayers	Last Monday @ 1:30 pm
	II	Carolyn Collings Merk	4th Monday @ 1:30 pm
	III	Susan Walkinshaw	2nd Monday @ 1:30 pm A Siege of Bitterns, Steve Burrows
Central Book Exchange		Marion Davis	Books are chosen in September for the year, OPEN
West End Book Exchange		Sue Stephens	Books are chosen in September for the year,
We the North Book Exchange		Joan Dunn	Books are chosen in September for the year,
Literary Ladies		Pam Schwartz	1st Thursday @ 10:00 am
Playing with Ideas			4th Thursday @ 9:30 am OPEN

Bridge, Scrabble and other Board games: Friendly social groups to test one's skill and enjoy different scenarios.

Name	Convenor	Date and Time
Marathon Bridge	Margaret Pospisil Laurie Nordin-MacLeod	Times vary through the month. OPEN
Word Power through Scrabble	Wanda Crichton Lyndsey Thom	2nd Tuesday @ 1:00 pm OPEN to 1 more member

Exploring Ideas Together: <u>Issues to Advocacy</u> presents an opportunity to educate ourselves on current issues and explore ideas together. <u>Aging Collaboratively</u> members want to discover the possibilities to create a better journey later in life; <u>Beyond Bloomsbury</u> members meet once a month to listen to speakers and discuss topics of interest such as health, politics, education, art and literature.

Name		Convenor	Date and Time
Advocacy Committee		Diane McCullough	2nd Wednesday @ 7:00 pm OPEN
Aging Collaboratively		Janice May	TBD OPEN
Beyond Bloomsbury	I	June Cockwell	4th Tuesday Tour Lions Foundation Dog Guide facilities
	II		1st Thursday @ 7:30 pm

Meditation and Mindfulness Evening Meditation enjoys the relaxation of a guided meditation followed by a group discussion. Mindfulness and Meditation explores through readings, discussions and practice and Psychology / Spirituality explores the human soul in a cheerful and friendly atmosphere. Research is shared and discussed.

Name		Convenor	Date and Time
Evening Meditation		Leanne Siracusa	2nd Tuesday @ 8:00 pm OPEN
Mindfulness and Meditation	I	Jeanne Crockatt Reet Kazakoff	3rd Tuesday @ 10:00 am OPEN
	II	Chris Connell	1st Thursday @ 1:30 pm OPEN
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am

Celebrating Good Food and Conversation: Gourmet groups meet monthly to share fine food, menus, recipes and good company; Ladies@Lunch is a fun group that meets monthly for lunch and socializing; Foodie World Adventures members enjoy cooking, baking and experimenting with unusual ingredients from around the world. Social Eves focuses on exploring a wide variety of interests and topics while providing an opportunity to socialize, network and have lots of fun. Couples' Chat and Chow: Couples dine out on a weekday evening

Name		Convenor	Date and Time
_	I	Alison Gemmell	2nd Thursday @ 6:30 pm
Gourmet	II	Anne Douglas	2nd Thursday @ 6:45 pm
	III	Laurie Nordin-MacLeod Sue Stephens	2nd Thursday @ 6:30 pm
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12:30 pm OPEN
Social Eves			Wednesday,September 17 @ 7:00 pm OPEN
Foodie World Adventures		Eva Baxter	3rd Wednesday, time TBD
Bakers Club		Hilary Vavasour	3rd Tuesday @ 2:00 pm
Bronte Neighbourhood Group		Sheila Aldoroty	TBD OPEN
The Singles Network		Dianne Murphy Dates and times of events a determined by participants OPEN	
Couples' Chat and Chow		Leanne Siracusa	Weeknight, during the last week of the month OPEN

Exploring the Arts Together: <u>Creativity through Painting and Drawing</u> conducts online painting classes with guidance from an artist using acrylics on canvas to create personal

Name	Convenor	Date and Time
Creativity through Drawing	Leanne Siracusa	
Creativity through Painting	Leanne Siracusa	ON HOLD for now

Physical Activity: <u>Dragon Boating</u>, <u>Golf</u>, and <u>Happy Hikers</u> are opportunities for members to participate in the activities they enjoy, in the company of friends and other members; <u>Walking with Friends</u> chooses flat paved routes.

Name		Convenor	Date and Time
Dragon Boating		Judy Pielsticker Susan Stavin	OPEN Any CFUW members who are interested in Dragon Boating are asked to contact Susan Stavin or Judy Pielsticker
Golf		Katherine Beaudry Angie Vassallo	OPEN
Happy Hikers	I	Sonia Ellis Marcia Hays	Tuesday am, weather permitting, Sept. to June
	II	Wanda Crichton Judith Setton	Wednesday am, bi-weekly, weather permitting, Sept. to June OPEN
Pickleball		Katherine Beaudry	Wednesday @ 2:00 pm to 4:00 pm
Walking with Friends		Brenda Walker Jane Jewitt	Mondays @ 9:15 am OPEN

Congrats to the following winners of the door prizes at our May dinner - a book, wine baskets, gift certificates at local restaurants, pedicure, indoor golf.

Carolyn Menka Joan Owen

Moira-Jane Plexman Sue Stephens

Judy Pielsticker Val Irvine

Laurie Nordin-MacLeo Carolyn Cole

Tina Bianca Anne Douglas

Marilyn Beamish Karen Chalmers

Marjorie Bell Laura Temple-Smith

Suzanne Vendramin Betty Dolbear

Margaret Sadowski Jessie Iwasiw

University Women's Club of Oakville Scholarship Fund

CFUW Oakville Academic & Service Award: Silvana Garcia-Otero

The CFUW Oakville Academic and Service Awards require significant school/community service and leadership, as well as academic excellence. Financial need is also a requirement for the award.

Miriam White Scholarship: Silvana Garcia-Otero

The Miriam White Memorial Scholarship honours Miriam White, an active member of CFUW and past president. Miriam White was an extraordinary business woman who also loved and excelled at music, especially classical music. The ideal candidate for this award will demonstrate high scholastic achievement, have a strong musical background, demonstrate an interest in pursuing a career in business, and be enrolled in a Canadian University or College. Financial need is also a requirement for the award.



<u>High School:</u> Saint Thomas Aquinas Catholic Secondary School

Extra Curricular Activities: Co-founded Medical Gateway Association; Tutoring club for 2 years; cross country practice 4 hours per week for 2 years; running club for 2 years; swim team

<u>Volunteering:</u> Culture Day Association; Tempus 4 Us weekly for 10 years; Bandology-created database for community outreach; Connections Among Generations 1 hour per week for 1 year; Humaine Society-crochet blankets for cats; ThinkFast- raised awareness and funds for poverty, 15 hours per year for 2 years; Swim team-earned silver medal at HCAA Championships; Piano for 10 years through Royal Conservatory of Music; Taekwondo-black belt certification achieved.

<u>Work Experience:</u> Aquatics Cashier Town of Oakville; Lifeguard and Swim Instructor Town of Oakville; Crochet by Luly- private business.

<u>Post Secondary</u>: Faculty of Arts and Science, University of Toronto Silvana is a driven, talented and passionate individual who excels academically, in music and sports, while demonstrating ongoing dedication to her school and community. As a student in the International Baccalaureate Diploma Program, she has impressed her teachers with her intellectual curiosity and a commitment to learning, earning the Award of Academic Excellence three times.

In addition to her academic achievements, Silvana is a dedicated leader and community volunteer, co-founding the Medical Gateway Association at her school to connect students with medical professionals by engaging guest speakers. With a decade of involvement with Tempus 4 Us, a free choir for kids, Silvana has evolved from a participating member to a senior student leader showcasing strong leadership skills, dedication to mentorship, inclusivity, and teamwork.

Silvana also actively participates in various school and community activities, including Cross Country, Swim Team, Kaekwondo, Mock Trial, School Culture Day, ThinkFast, and the Oakville Latin American Network.

Despite facing significant financial challenges due to her father's critical medical leave and the family's reliance on employment insurance, Silvana has maintained an impressive academic record while juggling multiple part-time jobs and running a small business with her younger sister selling handmade crochet items. This entrepreneurial endeavour has helped her develop marketing and sales skills, further inspiring her passion for a business career.

Silvana's exceptional achievements, community service, and academic excellence have earned her two awards from the Canadian Federation of University Women – Oakville. It is with great pleasure that the CFUW presents Silvana Garcia-Otero with the CFUW Oakville Academic and Service Award and the Miriam White Scholarship.

CFUW Oakville Leadership Team Portfolio Contacts for 2025-2026

Kyoko Kobayashi	Katherine Beaudry	Palma Robinson
Meeting Venues, Rentals	Dinners	Scholarship
Finance	Interest Groups	Advocacy
Charitable Trust	National Contact	Programme
Technology	Ontario Council	Communications, Publicity
Membership		

CFUW Oakville Board for 2025-2026

	Executive Committee
Leadership Team	Kyoko Kobayashi, Katherine Beaudry, Palma Robinson
Secretary	Linda Williams, Helen Furman
Treasurer	Jillian Birnie
St	anding Committee Chairs
Advocacy	Diane McCullough
Finance	Jillian Birnie
Hospitality	Marlene Bristol
Interest Groups	Christine Forber
Membership	Sheila Aldoroty, Janis Fournier
Newsletter Editor	Pat Zelonka
Programme	Susan Bowen, Gloria Tomlinson
Website / Social Media	Raine Greenwood

CFUW Oakville – Committees by Appointment Chairs for 2025-2026

Committees by Appointment Chairs				
Archivist	Hilary Vavasour			
Nominations	Leadership Team			
Technology Kyoko Kobayashi				
Dinners Katherine Beaudry				

CFUW Oakville Event Calendar

Tue, Sep 30, 2025



Event	Location	Date	Time
Membership Renewal Forms are available on our website, <u>here.</u>		Aug 15, 2025	
CFUW Board Meeting	Zoom	Sept 8, 2025	7 pm
CFUW Oakville General Meeting Author Andrew Welch, <i>The Value Crisis</i>	TPCC	Sept 15, 2025	6:30 pm
National Day for Truth and Reconciliation Orange Shirt Day		Sept 30, 2025	
Women's History Month		Oct 1-31, 2025	
CFUW Board Meeting	Zoom	Oct 6, 2025	7 pm
CFUW Oakville General Meeting Bill Redelmeier, Southbrook Organic Vineyards	TPCC and Zoom	Oct 20, 2025	7 pm
CFUW Board Meeting	Zoom	Nov 3, 2025	7 pm
CFUW Oakville General Meeting Michael Bowen, What is Money? Bitcoin?	TPCC and Zoom	Nov 17, 2025	7 pm
CFUW Oakville Holiday Dinner Carole Bertuzzi Lusiani, Moodivator	2515 Wyecroft Road	Dec 8, 2025	6:30 pm

IN TOUCH is published for members and prospective members of CFUW Oakville, eight times a year. Deadline for submission is the Wednesday after the General Meeting (held on the third Monday of the month). All submissions should be directed to the Editor at editor@cfuwoakville.ca Advertising and hard copy distribution of the newsletter are co-ordinated by editor@cfuwoakville.ca. Please contact us for rates or to purchase advertising space.

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